

HIV
UNDER TREATMENT
= NO RISK FOR
TRANSMISSION



POSITIVA
GRUPPEN
SYD

PGSYD.SE

LIVING WELL WITH HIV

POSITIVA GRUPPEN SYD - WHO ARE WE?

Positiva Gruppen Syd is an association and a network in southern Sweden for those of us living with or affected by hiv. Through us you can meet other people living with, or affected by hiv, in groups or one-to-one. By sharing experiences, advice and support each other we can work towards a better life with hiv.

Not ready to take the leap? Start by checking out our webpage, listen to our podcasts or read our stories. You can also chat anonymously, call or email us to get a feel for who we are.

We also arrange excursions and various activities as well as promote hiv awareness among the general public. Overall we try to do whatever we can to increase the quality of life and conditions for people living with hiv.

.....

***"TO MEET AND TALK TO OTHERS
IN THE SAME SITUATION WAS
SUCH A RELIEF"***

47 year old male diagnosed two years ago

WHY DO WE EXIST?

To handle a hiv-diagnosis, and everything that comes with it, can be tough. For some, hiv can manifest as illness and aches, especially in case of a late diagnosis. Others might experience few or no complications. However, what most will have in common is the experience of stigma, rejection and outdated perceptions of hiv. This can result in feelings of isolation and even shame.

Does it sound familiar? You are not alone, many of us have faced this at some point in our lives with hiv.
But together we can support each other as peers.

"Whom you met or what is discussed, stays here"

We are working to ensure access to peer-support and knowledge for all people diagnosed with hiv. This also includes those of us that lived with hiv for some time already. Regardless of age, ethnicity, gender, time with hiv or sexual orientation, at Positiva Gruppen Syd everyone is welcome.

An abstract, colorful illustration of the human immune system. It features a large orange cluster of cells at the top, surrounded by various other cell types in shades of blue, pink, yellow, and purple. The cells are depicted with different shapes and textures, representing various components of the immune system. The overall composition is dense and vibrant, with a focus on the cellular level of the immune response.

HUMAN IMMUNODEFICIENCY VIRUS

DAVID S. GOODSSELL

REMASTERED BY LINUS LINDBORG-PERSSON





"The first time I ever met others living with hiv, I guess we all were a bit nervous, to what we would feel and to whom we would meet. It became obvious that whatever is being said or who you would meet there, stays there. So it felt like a very safe and inclusive environment. We even created a secret contact group after the first time, which felt nice.

I would recommend everyone to take the chance to meet other people with hiv, because it will give you a whole new fellowship. We all have something to talk about that we might not feel comfortable sharing with people not living with hiv."

25 year old woman on her experience of peer-support



Jörgen Ankersgatan 12 | 211 45 Malmö | Tel: 0722-22 91 61 (Weekdays)

Email: info@pgsyd.se

www.pgsyd.se | fb: positiva gruppen syd